



Eastern Young Athletes' League, Norwich Sun 14th April 2024

	Total	BU13	BU15	MU17	GU13	GU15	WU17
Havering AC	628	67	102	126	66	116	125
City of Norwich	597	108	70	75	102	117	105
Ipswich	519	73	67	108	66	90	95
Colchester & Tendring	333	49	66	37	77	33	51
St Albans	224	13	50	14	37	76	19
West Suffolk	151	48	28	15	10	25	10

Havering's Eastern Young Athletes team started the season with a victory as they won by over 30 points ahead of the hosts at Norwich on Sunday, with three of the six age group teams getting off to a winning start.

Both Under 17 squads were victorious. The **Under 17 women** won by 20 points with wins in 13 events. There were win doubles for Alicia Fairmaner, who took the 100m and long jump on her club debut, and Maggie Smith who won both the hurdles and high jump, and was second in the B javelin, while the couple were supported well by Oma Nwapa marked her return from injury with a treble in the B string hurdles, long jump and high jumps. Eboni Roach won the A discus and B shot and was second in the hammer while Amy Mansell won the 300m and was second in the 200m and shot, and Scarlett Woods added javelin second to her pole vault win which equalled her PB. Sprinters Fisola Fagbadegun (100m) and Mya Thomas (200m) also won their B string races.

The **Under 17 Men** also had a comfortable win and recorded 12 wins. There was a win triple from Tobias Samuel in the 100m, long jump A events and 200m B race, while Zak Williams won the javelin, with Sam Burdett winning the javelin B event, and Zak was second in the hurdles. English Schools champion Findlay McLaren won the 800m easily and also won the B high jump, with Ryan Alexander improving his best to win the A high jump. Emmanuel Asirifi-Otchere won the 200m and was second in the 400m, Ugo Godwin won the triple jump on his debut, with Maxwell Adeosun winning the B triple jump to add to his 100m B runners up spot, and Anthony Odumosu marked his club debut with a win in the B long jump. Freddie Hatcher added second places in the hammer and discus.

The league programme included mixed relays for the first time and both Havering quartets won, with Fisola, Alicia, Tobias and Emmanuel combining to win the A event and Mya, Amy, Ryan and Maxwell making it full points in the B race.

The **Under 15 Boys** had a massive victory by over 30 points, with nine wins with Aidan Doherty, Harrison Rabess and George Burgess each providing two, with Aidan winning the hurdles and B shot, Harrison the shot and discus and George the B 800m and B discus. Oliver Cambridge (B hurdles), Oba Samuel (B high jump) and Jayden Wilkinson (long jump), provided the other wins, with Jayden adding second in the 300m, with Zachary Binge and Isaac Shearing also second in the B 300m and A high jump respectively.

The **Under 15 Girls** were edged into second by a single point by the hosts. Jess Page won the javelin and 800m while Elena Williams won the 800m B, and Emmie Lole and Poppy Vines took full points in the 1500m A & B. Karae Adegite (200m), Isobel Pridie (B javelin) and Dulce Smith-Rodriguez won the B discus. Ome Nwapa was second in both the B 200m and high jump, and Amelie Shearing also had a pair of second places in the A high jump and hurdles, with Poppy Dent-Jones second in the hurdles A, and Tomilola Ojelowo and Daisy Cossey-Atkins were second in the B 100m and 300m respectively. There was another winning relay double as the A squad of Kara, Poppy, Jayden and Aidan, and the B foursome of Ome, Tomilola, Harrison and Zachary took full points.

The inexperienced Under 13s made promising starts, both squads placing third, with many athletes making club debuts. Ali Alam (B 200m) and Callum Millard Jennings (long jump) were the winners for the **Under 13 Boys** with Callum adding second in the B high jump. More second places were earned by the 800m pair of Nathan Hathaway and Samuel Kirk, and Cruz Carvel (1500m B) and Max Sillett (long jump B)

The **Under 13 Girls** had two winners with Charlene Bangne winning the B 200m and Lucy Tregidgo the B long jump, both in their club debuts, with Siobhan Etemadi second in the A long jump. Millie Cook was second in both the 200m and 800m A races on her debut, and Zeni Williams was second in the B 800m and A shot. The mixed relay team of Siobhan, Zeni, Samuel and Max were second in the B race.

The squad look forward to their next fixture which they host at Hornchurch on Sunday 5th May.